

*Knit!*

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FOR THE  
**NAVY**  
AND  
**MERCHANT NAVY**

NAVY LEAGUE OF CANADA  
ONTARIO DIVISION  
1118 BAY STREET, TORONTO



THE Navy League of Canada, Ontario Division, has undertaken a huge task in the matter of supplying knitted garments, sweaters, caps, scarfs, leather and fur jerkins, and other needed supplies and comforts for Canadian Seamen who enter the ports of Canada on the Atlantic and Pacific Coasts.

We have more than 30,000 sailors in the Royal Canadian Navy, in addition to the many thousands of Merchant Seamen serving on Canadian ships.

It is the desire of the Navy League to secure the co-operation of individuals and organizations interested in the welfare of these men and the service they are rendering in protecting the interests of Canadian citizens.

For the purpose of giving information as to knitted supplies the following instructions are given.

## *Navy League Knitting*

### ABBREVIATIONS

KNITTING: K—knit plain, P—purl, p.s.s.o.—pass slip stitch over, wl. fwd.—wool forward, tog.—together, ins.—inches, dec.—decrease, inc.—increase, t.b.l.—thru back of loops. Knit even—without increasing or decreasing.

THE STAR SYMBOL: \* This means that the directions immediately following are to be repeated. When directions call for repeating a given number of times, it is understood that this is in addition to the original. Thus, repeat 3 times means 4 times altogether.

TO KNIT "EVEN": The row of work is knitted without increasing or decreasing.

## Socks

Please make a wearable sock; wash and press, or wash and stretch.

Instructions for hand-knitted regulation Socks:

Length of foot when finished: 11 inches.

Material required: Approximately 6 ounces of heavy 4 Ply Scotch fingering wool.

Colours: Grey, Blue or Black.

For average knitting: No. 11 Needles by Bell Gauge.

For tight knitting: No. 10 Needles by Bell Gauge.

For loose knitting: No. 12 Needles by Bell Gauge.

Cast on 60 stitches, loosely (should stretch  $7\frac{1}{2}$  inches double), rib 4 inches, 2 plain, 2 purl. Knit plain 7 inches (11 inches in all).

**HEEL**—Knit plain 28 stitches on to one needle, turn, purl back these 28 stitches, turn, knit plain. Repeat these two rows (always slipping the first stitch) 11 times (12 in all), or 24 rows.

With the inside of the heel towards you, purl 15 stitches, purl 2 together purl 1.

Turn, knit 4 stitches, knit 2 together, knit 1, turn, purl 5 stitches, purl 2 together, purl 1.

Turn, knit 6 stitches, knit 2 together, knit 1, turn, purl 7 stitches, purl 2 together, purl 1.

Turn, knit 8 stitches, knit 2 together, knit 1, turn, purl 9 stitches, purl 2 together, purl 1.

Turn, knit 10 stitches, knit 2 together, knit 1, turn, purl 11 stitches, purl 2 together, purl 1.

Turn, knit 12 stitches, knit 2 together, knit 1, turn, purl 13 stitches, purl 2 together, purl 1.

Turn, knit 14 stitches, knit 2 together, knit 1.

Pick up and knit the 12 stitches down the side of the heel piece and knit 2 stitches off the front needle.

Knit 28 stitches off the front needles on to one needle; the last 2 stitches knit to the 3rd needle, on which pick up and knit the 12 stitches at the other side of the heel piece. Divide the heel stitches on to the 2 side needles and knit right round again to the centre heel. First needle, knit to within 3 stitches of the front end of side needle, knit 2 together, knit 1.

Front needle plain. Third needle, knit 1, knit 2 together, knit plain to end of needle.

This reducing to be done every other row until there are 56 stitches on the needles (front needle 28, side needles 14 each). Knit plain until the foot from the back of the heel measures 9 inches.

**KITCHENER TOE:** Decrease for toe—knit 6 stitches, then knit 2 together, knit 6 stitches, knit 2 together. Repeat this to end of the three needles, then knit 5 rows plain. Then knit 5 stitches, knit 2 together, and repeat to the end of 3 needles. Then knit 4 rows plain. Then knit 4, knit 2 together, repeat to end of 3 needles.

Then 3 plain rows. Then knit 3 stitches, knit 2 together, repeat to end of 3 needles. Then knit 2 plain rows. Then knit 2 stitches, knit 2 together and repeat to end of 3 needles. Then 1 plain row. Then 1 row decreasing, if necessary, so as to leave 10 stitches on front needle and 5 on each of the back needles. Knit the back stitches on to 1 needle. Break off the wool, leaving about 10 inches. Thread this into a darning needle, put through the 1st stitch on front needle as if for purling, but do not take the stitch off. Then put the darning needle through the 1st stitch on the back needle as if for purling, and take off. \*Then through next stitch on back needle, as if for knitting and do not take off. Then through the 1st stitch on front needle again knitting and slip off. Through the 2nd stitch on front purling needle and do not take off. Through the 1st stitch on back needle purling and take off. Repeat from \* until all the stitches are worked off. In finishing off end of yarn, run yarn once down the toe so as not to make a ridge or lump.

